



Greetings -- Welcome to the first week of fall and a fabulous array of delicious, fresh products from our Puget Sound farms. We're still in prime local market time - with hundreds of products ripe and ready for your table. Make it point to try at least one new flavor this fall -- right from our local farms. Be sure to ASK at your local grocery store, farmers market or on-farm stand for Puget Sound Fresh products -- from farms in the 12 counties that touch Puget Sound. You'll get the freshest, tastiest produce possible.



Here's "What' Fresh" NOW at the markets:

Apples -- lots of varieties, including Fuji, Gala, Jonagold, and HoneyCrisp. Try a variety fresh from the tree or in your favorite recipes.

Squash -- it's the time of year when the winter squashes make their appearance on the market tables. Look for all the sizes/shapes and flavors as you plan your fall meals. Try Acorn, Butternut, Kabocha....and some of the late summer varieties, too....Zucchini, Delicata and LOTS more.

Potatoes - They're coming on fast. Look for Yukon Gold, Viking Purple, German Butterball, Fingerlings and more.

Pumpkins -- another squash variety -- but with lots of soup ideas. Try the Sugar Pie Pumpkins for a real treat.

Tomatoes -- Heirloom varieties, large and small, red and yellow. Perfect for cooking and on salads - or just eating whole.

Corn -- check out all the varieties -- yellow, white and bi-color. Try some fresh corn in a chowder or with your fall dinners.



Peppers -- what color do you like? Peppers come in almost every color of the rainbow! Try them all for beautiful salads and delicious grilled veggies...red, purple, green, yellow, orange and chocolate.

Cucumbers -- They are not just for salads anymore! Try all the varieties -- slicing, pickling, Japanese, English, lemon.

Leeks

Garlic -- from mild to medium to HOT!

Carrots -- traditional orange, in a variety of shapes/sizes, and now in white, too.

Turnips -- boiled, grilled, in soups and stews.

Eggplant -- grill it up with your favorite veggies.

Broccoli - healthy and delicious, fresh or cooked.

Cauliflower

Kohlrabi

Radishes

Mushrooms -- Chanterelles are here!

Greens

Herbs,

Pears -- for cooking, in salads and right off the tree.

Huckleberries

Cranberries -- perfect for fall flavor and color.

And don't forget some of our local processed products that add special touches to every menu.

Shellfish -- mussels, clams, oysters....

Goat Cheeses

Organic cheeses - Gouda and more

Pork

Lamb

Beef

chicken

Eggs

Honey, and

our wonderful local ciders.

Decorate your fall tables with the fabulous flowers fresh from the fields. Colors are beautiful and the bouquets are long-lasting.

Green Bean and Zucchini Frittata

6 eggs

3 tablespoons milk (approximately)

1/4 pound green beans

1 zucchini, quartered, then sliced

1 teaspoon dried dill or 2 teaspoons fresh

1/4 cup freshly grated Parmesan cheese

Salt and freshly ground black pepper

In a large bowl, mix together the eggs, milk, salt, pepper, cheese, and dill.

Wash and steam the beans until just tender, about 2-3 minutes.

The zucchini can be sautéed first, and then added to the mixture, but if you're short on time, it can be added straight to the mixture.

Then add the beans and corn to the egg mixture. Pour into a med-size non-stick sauté pan and cook over medium heat for about 3-5 minutes, until the bottom is cooked.

Then put the pan in the broiler on the lowest rack for another 2-3 minutes, check to make sure it does not burn. Transfer to a plate, garnish with more fresh dill and grated Parmesan. Salt and pepper to taste. Serve with roasted potatoes and toast. Another delicious variation for this frittata recipe is to substitute the zucchini for caramelized onion.

From new roots organics

Make-Ahead Leeks in Wine Sauce

Prep and Cook time: About 35 minutes

Makes: 8 servings

This side dish is beautiful and tasty served warm or at room temperature.

Ingredients

24 baby leeks (each about 1/2 in. wide)
3/4 cup chopped onion
1 clove garlic, chopped
3/4 cup dry white wine
3/4 cup vegetable or chicken broth
1/2 lemon, thinly sliced
2 Roma tomatoes (about 6 oz. total), cored, seeded, and chopped
8 to 10 parsley sprigs
Thin strands of lemon peel
Salt and freshly ground pepper

Instructions

1. Trim off and discard leek roots and tops, making each leek 6 inches long. Rinse extremely well.
2. In a 10- to 12- inch nonstick frying pan, combine onion and garlic. Stir over medium heat until onion is limp, 4 to 5 minutes.
3. Add wine, broth, lemon slices, tomatoes, and parsley to pan. Lay leeks in pan. Cover and bring to boiling over high heat. Turn heat to low and simmer until leeks are tender when pierced, about 10 minutes.
4. With a slotted spoon, transfer leeks to a shallow, rimmed dish.
5. Discard lemon slices and parsley. Boil tomato mixture over high heat until reduced to about 1 cup, 3 to 5 minutes.
6. Pour sauce across center of leeks. Garnish with lemon peel and season to taste with salt and pepper. Serve warm or at room temperature.

Nutritional Information

Per serving:

64 cal., 6.6% (3.7 cal.) from fat;

1.6 g protein;

0.4 g fat (0.1 g sat.);

11 g carbo (1.5 g fiber);

25 mg sodium;

0.4 g chol

from Safeway.com

HERE'S HOW TO FIND OUR LOCAL FARMERS MARKETS: [Farmers Markets](#)

To find the best in local produce, visit any of our Puget Sound Fresh "Partners" restaurants and retailers who feature local, fresh products from our local farms.

For a list of our "Partners" see: Puget Sound Fresh ["PARTNERS"](#)

Puget Sound Fresh is a program of [Cascade Harvest Coalition](#), with support from King and Snohomish Counties. If you no longer want to receive this email, please respond to: pugetsoundfresh@aol.com and we will remove your name.

Names and email addresses from this list are not shared with any other group and will not be used for any other purposes than providing you with information on what is fresh from our local farms.